2005 Iowa Youth Risk Behavior Survey

2005 IOWA YRBS: IOWA HIGH SCHOOLS

The 2005 Iowa YRBS: The Youth Risk Behavior Surveillance System is an epidemiologic system established by the U.S. Centers for Disease Control and Prevention (CDC) to help monitor the prevalence of behaviors that put youth at risk for the most serious health and social problems that can occur during adolescence and adulthood. The Youth Risk Behavior Survey (YRBS) is the measurement instrument of this system. This survey is used by the State of Iowa to monitor these behaviors among its young people. Specifically, this survey focuses on students who were attending public high schools (regular and alternative, Grades 9-12) in Iowa during 2004-05. The YRBS was developed cooperatively by the Division of Adolescent and School Health, National Center for Chronic Disease Prevention and Health Promotion, the Centers for Disease Control and Prevention (CDC), 19 other federal agencies, and 71 state and local departments of education and was administered in about 40 states in 2004-05.

Sampling and Response Rate: All public high schools containing Grades 9, 10, 11, or 12 were included in the sampling frame or population. Schools were selected systematically with probability proportional to enrollment size using a random starting point. Altogether, 40 schools were sampled. All classes meeting during the second period of the day were included in the sampling frame. Systematic equal probability sampling with a random starting point was used to select classes from each school that participated in the survey. At the school level, 30 of the 40 schools (75%) participated. At the class level 1,359 students (87%) completed usable questionnaires. The overall response rate was (.75)(.87) × 100% or 65%. This response rate exceeded the CDC criterion (60%), so the data were "weighted." This means that *the results may be generalized to all high school students in Iowa in 2005*. The results should be viewed as reflecting the health risk behaviors of all high school students in Iowa in 2004-05.

The Results: The 2005 Iowa YRBS consisted of 87 questions—the first seven questions were concerned with demographic information, height, weight, and the student's health in general. The remaining 80 questions addressed health risk behaviors in six risk areas: those leading to intentional or unintentional injuries; tobacco use; alcohol and other drugs; sexual behavior that can result in HIV infection, other sexually transmitted diseases, and unintended pregnancies; dietary behaviors; and physical inactivity. In addition, two questions about asthma were included for the first time in 2005. The results are summarized below with the outcome corresponding to the health risk behavior on the left and the percentage and number responding to the question on the right. Significant improvement was achieved on 21 outcomes distributed over all six of the risk categories from 1997 (the only other year weighted data were achieved in Iowa) to 2005.

	Outcome	Percent (N)		
	Risk Area I: Behaviors that Lead to Intentional or Unintentional Injuries			
8.	Of students who rode a bicycle during the past 12 months, never or rarely wore a bicycle helmet	91.0% (956)		
9.	Never or rarely wear a seat belt when riding in a car driven by someone else.	7.5% (1,357)		
10.	During the past 30 days rode one or more times in a car or other vehicle driven by someone who had been drinking alcohol.	30.6% (1,353)		
11.	During the past 30 days drove a car or other vehicle one or more times when they had been drinking alcohol.	16.1% (1,344)		
12.	Carried a weapon such as a gun, knife, or club on one or more of the past 30 days.	15.7% (1,340)		
13.	Carried a gun on one or more of the past 30 days.	6.1% (1,345)		
14.	Carried a weapon such as a gun, knife, or club on school property on one or more of the past 30 days.	4.3% (1,350)		
15.	Did not go to school on one or more of the past 30 days because they felt unsafe at school or on their way to or from school.	3.9% (1,358)		
16.	Had been threatened or injured with a weapon on school property one or more times during the past 12 months.	7.8% (1,359)		

	Outcome	Percent (N)
17.	Had property, such as their car, clothing, or books stolen or deliberately damaged on school property during the past 12 months.	35.3% (1,354)
18.	Were in a physical fight one or more times during the past 12 months.	28.3% (1,341)
19.	Were injured in a physical fight one or more times during the past 12 months and had to be treated by a doctor or nurse.	4.0% (1,348)
20.	Were in a physical fight on school property one or more times during the past 12 months.	11.3% (1,348)
21.	Were ever hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend during the past 12 months.	8.3% (1,358)
22.	Have ever been forced to have sexual intercourse when they did not want to.	7.3% (1,355)
23.	Ever felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities during the past 12 months.	25.3% (1,359)
24.	Seriously considered attempting suicide during the past 12 months.	16.2% (1,359)
25.	Made a plan about how they would attempt suicide during the past 12 months.	13.0% (1,358)
26.	Actually attempted suicide one or more times during the past 12 months.	7.2% (1,276)
27.	Attempted suicide during the past 12 months resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse.	2.0% (1,269)
	Risk Area II: Tobacco Use	
28.	Ever tried cigarette smoking, even one or two puffs.	49.6% (1,346)
29.	Smoked a whole cigarette for the first time before age 13.	15.0% (1,338)
30.	(i) Smoked cigarettes on one or more of the past 30 days.(ii) Smoked cigarettes on 20 or more of the past 30 days.	22.2% (1,329) 9.7% (1,329)
31.	Among current smokers, smoked more than 10 cigarettes per day on the days they smoked during the past 30 days.	8.8% (287)
32.	Purchased cigarettes at a store or gas station, among those less than 18 years of age who were current smokers.	7.0% (223)
33.	Smoked cigarettes on school property on one or more of the past 30 days.	6.5% (1,351)
34.	Ever smoked cigarettes daily, that is, at least one cigarette every day for 30 days.	13.3% (1,345)
35.	Ever tried to quit smoking cigarettes, among those currently smoking.	53.7% (287)
36.	Used chewing tobacco or snuff on one or more of the past 30 days.	7.9% (1,355)
37.	Used chewing tobacco or snuff on school property on one or more of the past 30 days.	3.9% (1,354)
38.	Smoked cigars, cigarillos, or little cigars on one or more of the past 30 days.	14.5% (1,355)
Sun	umary question: Used any tobacco during the past 30 days.	28.6% (1,323)
	Risk Area III: Alcohol and Other Drugs	
39.	Have ever had at least one drink of alcohol.	75.6% (1,253)
40.	Had their first drink of alcohol other than a few sips before age 13.	22.3% (1,257)
41.	Had at least one drink of alcohol on one or more of the past 30 days.	43.8% (1,323)
42.	Had five or more drinks of alcohol in a row, that is, within a couple of hours ("binge drinking"), on one or more of the past 30 days.	31.0% (1,344)
43.	Had at least one drink of alcohol on school property on one or more of the past 30 days.	4.6% (1,353)

	Outcome	Percent (N)
44.	Have ever used marijuana.	31.0% (1,343)
45.	Tried marijuana for the first time before age 13.	6.7% (1,344)
46.	Used marijuana one or more times during the past 30 days.	15.6% (1,347)
47.	Used marijuana on school property one or more times during the past 30 days.	2.7% (1,349)
48.	Have ever used any form of cocaine, including powder, crack, or freebase.	6.1% (1,357)
49.	Used any form of cocaine, including powder, crack, or freebase one or more times during the past 30 days.	2.4% (1,357)
50.	Have ever sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paint or spray to get high.	10.3% (1,356)
51.	Have ever used heroin.	1.5% (1,358)
52 .	Have ever used methamphetamines.	4.3% (1,358)
53.	Have ever used ecstasy.	4.3% (1,358)
54.	Have ever taken steroid pills or shots without a doctor's prescription.	3.0% (1,358)
55.	Have ever used a needle to inject any illegal drug into their body.	1.3% (1,358)
56.	Were offered, sold, or given an illegal drug on school property during the past 12 months.	15.5% (1,356)
	Risk Area IV: Sexual Behaviors that Can Result in HIV Infection, Other STDs, or Unintended Pregnan	cies
57.	Have ever had sexual intercourse.	43.5% (1,332)
58.	Had sexual intercourse for the first time before age 13.	4.2% (1,332)
59.	Have had sexual intercourse with four or more people during their life.	12.7% (1,330)
60.	Had sexual intercourse during the past three months.	32.8% (1,331)
61.	Drank alcohol or used drugs before last sexual intercourse, among those who indicated they had sexual intercourse during the past three months.	22.9% (424)
62.	Used a condom during their last sexual intercourse, among those who indicated they had sexual intercourse during the past three months.	61.8% (417)
63.	Used birth control pills during their last sexual intercourse, among students who had sexual intercourse during the past three months.	29.8% (410)
85.	Had ever been taught about AIDS or HIV infection in school.	85.6% (1,355)
	Risk Area V: Dietary Behaviors	
64.	Described themselves as slightly or very overweight.	32.7% (1,355)
Rela	(i) At risk for becoming overweight (based on height and weight responses). (ii) Are overweight (based on height and weight responses).	14.8% (1,286) 12.2% (1,286)
65.	Were trying to lose weight.	46.3% (1,353)
66.	Exercised to lose weight or to keep from gaining weight during the past 30 days.	64.7% (1,354)
67.	Ate less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight during the past 30 days.	42.5% (1,357)
68.	Went without eating for 24 hours or more to lose weight or to keep from gaining weight during the past 30 days.	12.5% (1,355)
69.	Took diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight during the past 30 days.	6.3% (1,358)

	Outcome	Percent (N)
70.	Vomited or took laxatives to lose weight or to keep from gaining weight during the past 30 days.	4.1% (1,356)
71.	Drank 100% fruit juice one or more times during the past seven days.	80.7% (1,355)
72.	Ate fruit one or more times during the past seven days.	88.0% (1,356)
73.	Ate green salad one or more times during the past seven days.	64.6% (1,356)
74.	Ate potatoes one or more times during the past seven days.	76.4% (1,354)
75.	Ate carrots one or more times during the past seven days.	51.9% (1,356)
76.	Ate other vegetables one or more times during the past seven days.	85.4% (1,354)
Rela	ated outcome: Ate five or more servings of fruits and vegetables per day during the past seven days.	16.6% (1,344)
77.	Drank three or more glasses of milk per day during the past seven days.	28.6% (1,356)
	Risk Area VI: Physical Inactivity	
78.	Exercised or participated in physical activities for at least 20 minutes that made them sweat and breathe hard ("vigorous" physical activity) on three or more of the past seven days.	70.5% (1,354)
79.	Participated in physical activities that did not make them sweat or breathe hard for at least 30 minutes ("moderate" physical activity) on five or more of the past seven days.	25.3% (1,354)
	Did not participate in at least 20 minutes of vigorous physical activity on three or more of the past seven days and did not participate in at least 30 minutes of moderate physical activity on five or more of the past seven days. **sted outcome 2:** Participated in no vigorous or moderate physical activity during the past seven days.	25.5% (1,351) 6.4% (1,351)
80.	Physically active for a total of 60 minutes or more per day on five or more of the past seven days.	34.1% (1,354)
81.	Watched three hours or more of TV per day on an average school day.	28.6% (1,355)
82.	Attended physical education (PE) class one or more days in an average school week.	80.4% (1,273)
Rela	ated outcome: Attended physical education (PE) class daily.	10.3% (1,273)
83.	Exercised or played sports for more than 20 minutes during an average physical education class, among students enrolled in physical education (PE) class.	83.9% (1,027)
84.	Played on one or more sports teams during the past 12 months.	66.9% (1,352)
	Additional Health Questions: General Health and Asthma	
7.	Described their general health as fair or poor.	6.2% (1,359)
86.	Had ever been told by a doctor or nurse that they had asthma.	16.6% (1,356)
87.	(i) Have asthma but have not had an episode of asthma or asthma attack during the past 12 months ("controlled asthma").	9.4% (1,355)
	(ii) Had an episode of asthma or asthma attack during the past 12 months ("uncontrolled asthma").	7.4% (1,355)
Rela	(i) Had ever been told by a doctor or nurse that they had asthma and who indicated they had asthma that was either controlled or uncontrolled ("current asthma").	14.4% (1,355)
	(ii) Had an episode of asthma or an asthma attack during the past 12 months, among students with current asthma.	42.0% (198)

Note: See the reports 2005 Iowa YRBS—Youth Risk Behavior Survey: Iowa High Schools and Significant Trends in the Iowa YRBS—1997 to 2005: Iowa High Schools by James R. Veale, Ph.D., available by request from Sara Peterson, R.N., M.A., Project Director, HIV/AIDS Education, Bureau of Instructional Services, Iowa Department of Education, Grimes State Office Building, Des Moines, IA 50319 (Phone: 515-281-4804). This survey was supported by a grant from the Centers for Disease Control and Prevention.